



# **The Frequent Fryers Cookbook: How to Deep-Fry Just About Anything That Walks, Crawls, Flies, or Vegetates**

*Rick Browne*

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Deep fat frying has exploded onto the scene as a popular way to prepare food, and Rick Browne, an expert in the technique, is ready to show America how it's done. Through years of travel to barbecue and food festivals throughout the US, he has gathered recipes for delicious foods prepared in the fryer, along with the most crucial tips for the best, safest results.

Not only does Browne tell the reader how to prepare the well-loved deep fried turkey (touted by Martha Stewart and Bubba alike!), but he also shares recipes for delicious desserts, unique appetizers, fabulous entrees, and tasty breads. Browne will debunk some of the myths of deep fat frying, including the idea that frying is always unhealthy and that the technique is dangerous or difficult. By sealing in the meat's juices and sealing out the fat, deep frying gives starred chefs and complete novices alike an easy taste treat.

Some fabulous recipes include:

- Peanut-Cornmeal Fried Catfish
- Navajo Fry Bread
- The Real Fried Green Tomatoes
- Zeppoles
- Black Forest Apple Fritters
- Pitchfork Steaks
- and many more!

With Browne's witty style spread throughout these fabulous recipes and an authentic look at the phenomenon and the food through a 16-page color insert, *The Frequent Fryers Cookbook* is a true slice of Americana.

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